From the Founder

Have a safe Christmas

‘At ExxonMobil, we believe that it is possible to obtain the energy the world needs while also protecting people and the environment.

We believe the answer lies in three uncompromising pursuits: exception technology, rigorous standards and an unwavering commitment to best practice safety procedures.’

Safety is a concept often espoused but seldom genuinely realised in a world where the rhetoric about safety far exceeds the reality. While there is little doubt we have made very significant improvements in areas such as road safety, workplace safety and recreational safety, there is also no doubt in my mind that in the context of education, these rules have gone too far.

At the current rate, there will be no schools left in 20 years who run their own outdoor education project. The process will be run (if it is run at all) by companies whose insurance and costs will determine the level of activity run. Eventually these activities will become homogenised, package tours of the wilderness, where companies can give guarantees kids won’t get lost or have to fend for themselves.

In the end the stats will look better and schools will be safer, but it will be at the cost of initiative and lateral thinking under pressure, which in my opinion are the two most valuable aspects of a genuinely safe school.

There are plenty of people who disagree with me on this one and I could probably be put in jail for espousing my old adage ‘if you didn’t break a bone at school you weren’t playing hard enough’, but the fact remains in my opinion anyway, it is people not protocols who create a safe workplace.

Merry Christmas and happy new year full of initiative and lateral thinking!

Jon
Summer Holidays

As part of the professional development at the school, staff are encouraged to set goals. A goal for me this year was to read more widely in personal development, life stories, history and politics. What is clear from this material is that in order to lead a happy, healthy and successful life, it important to firstly set long term and short term goals. Then it is imperative to develop structured routine and healthy habits to support the achievement of these goals.

For young people school provides structure, habits, routine as well as a sense of purpose and belonging. Without this over the summer break it is important students set goals and work on a healthy routine. The school community recognises that the summer period is a difficult time and we must work together to support students over this time.

In order to keep the mind focused on something positive and constructive and to set yourself up for a good start to the school year, I suggest the following to our students:

5 Holiday things to do:

Read: Jon or Kate are happy to recommend (plus there are the set texts for next year as listed later in the newsletter)

Cook a meal for the family; Buy, plan, cook clean it up (Mum will love you)

Get a job…..Just stop talking about it. Do It. Volunteer if you have to at first.

Do some form of exercise every day; walk, run, bike, swim, yoga.

Complete the first week of DECV work. (This has been emailed to you and your parents and will be emailed again shortly.)
Goal Setting

In 2014 we will have an even greater emphasis on goal setting. The New Year is a great time to start. But an even better time to start is today.

Some areas students can set goals in are:

**Physical** – Setting a physical goal will help you with sleeping patterns, mental well-being, self-esteem and energy levels. Set a goal to reach a certain weight, achieve a certain fitness level or complete a certain activity each day.

Example: Go for a 30 minute walk before school each day, cycle to school each day, run 5 km in 30 minutes.

**Work/School** – Setting a goal will help you keep on track with your studies. And in order to do well over the course of the year, now is the time to start thinking about school work! I recommend setting the larger goal of completing the year and a smaller goal to assist this.

Example: complete VCE, do 30 minutes of homework per day, stay back on Friday to make sure all work has been handed in.

**Financial** – Stop sponging off your folks! Get a job, start an entrepreneurial business or save your pocket money. Setting and reaching a financial goal will increase your sense of independence and put you ahead of the pack.

Example: save $500, buy a car, pay for my own clothes.

**Relationships** – Is there some way you can improve your relationships with friends, parents or siblings? Or do you need to form new relationships? Relationships take work to sustain and it helps to set goals around them.

Example: To send my mum a nice text once per week, to re-connect with a primary school friend.

Holiday Work

Please be aware there are holiday work opportunities at JCS. Please contact Kate or Jon in regards to this.

School Work for the holidays

Preparation helps secure success. Read your set texts BEFORE you get back to school. You can borrow these from the library. Or if you wish to buy your own copy, we will deduct this from the Booklist.

Year 8: My Place
Year 9: Ink Bridge
Year 10: Complete Maus
Year 11: The Curious Incident of the Dog in The Night
Year 12: This Boy’s Life
**DECV Enrolments**

We are currently seeking the return of DECV enrolment forms. You will have received an email containing a parent and practitioner form. Both of these need to be filled out and returned to the school by the 14TH JANUARY please. Please do not hesitate to contact Kate during the next few weeks if you have any questions relating to these forms.

**Wellbeing**

In the New Year we will commence in house Psychologist appointments. This will be an important part of our well-being program as well our assisting in the development of our Individual Learning Plan program. We will be scheduling appointments for all students in the New Year. Kate will be in contact with you about this.

**Staff**

Staff will be taking some time to rest up for 2014. But over January there will be a staff member available. So please email or text us or have your child do so if there is something you need help with.

Have a Merry Christmas and a safe holiday break!

Love from JCS
Merry Christmas!

From the JCS Christmas factory!

The Jon Carnegie School